



# Rocky Mountain Chung Do Kwan



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## Class Information - September 2015

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### INSTRUCTORS' STATEMENT

Welcome to Rocky Mountain Chung Do Kwan! We teach traditional Korean Karate, also called Tae Kwon Do. Our style of Tae Kwon Do, known as Chung Do Kwan, was preeminent among the five original martial arts schools in Korea after World War II.

Together we have been teaching adults and children for 65 years. We are absolutely certain you will have a great experience learning quality martial arts with us.

### OVERVIEW

Rocky Mountain Chung Do Kwan teaches traditional, non-contact Tae Kwon Do. The class is offered as a program through the YMCA of the Pikes Peak Region. We are an independent martial arts school whose lineage is directly from Grandmaster Duk Sung Son, 9<sup>th</sup> Dan.

The goal of Chung Do Kwan training is the full development of an individual's potential. Concentration is in the study of blocks, kicks and punches designed to develop skill in the Korean art of self-defense. Although the unification of mind, body and spirit is central to any martial art, the emphasis of our approach is the mastery of Tae Kwon Do through vigorous physical training.

Other practical self-defense skills are also taught from time to time during class.

### MEMBERSHIP

Participation in Rocky Mountain Chung Do Kwan is open to anyone 12 years of age or older. Exceptions to this age limitation require participation by a parent, *a sibling at least 16 years old*, or other responsible adult who must also be a class member. To join, please contact the Meridian Ranch Recreation Center Front Desk, 719-495-7119.

### CLASSES

Rocky Mountain Chung Do Kwan operates classes year-round except for national holidays, when our facilities are closed due to weather conditions, and when school districts 20 or 49 are closed due to winter road conditions. Occasionally we designate a whole month off in the summer for vacations.

Formal classes meet on Mondays and Wednesdays from 6:30 to 8:00 pm at Meridian Ranch Recreation Center. In order to make normal progress at the lower belt levels, you must commit to attending both classes every week.

Optional additional workouts for advanced members, usually outdoors, may be scheduled from time to time.

## FEES

Class fees are set per four weeks, but paid monthly. In some months there will be more than four weeks of classes. These additional classes compensate for the classes cancelled due to weather or holidays.

MONTHLY FEES	Host Facility Members*			Non-Members		
	1	2	3+	1	2	3+
Two or more classes per week	\$30	\$55	\$75	\$40	\$75	\$105

\*Host facility members are residents of the Woodmen Hills or Meridian Ranch communities. YMCA members are also considered host facility members.

Monthly fees and class registration are handled by the Meridian Ranch Front Desk

Testing fees are \$30 for each color belt. First degree black belt testing fee is \$120. Test fees and uniforms (see below) are handled by the instructors.

Tournament, camp, and other event fees are established and handled by the event organizers.

Members may bring a guest along at no charge for two weeks (four classes) per six months. Visiting martial artists in good standing with their home organization are not required to pay for instruction for the first week. Visitors must complete a registration form and liability waiver at the Front Desk prior to participating in the class.

## UNIFORMS

The traditional all-white uniform is worn during all indoor classes. You do not need to purchase a uniform until a few weeks before your first promotion; a uniform is required to be worn for indoor testing. Your instructors can help you obtain your uniform or you can purchase one elsewhere. The current cost to purchase one through your instructors is \$20 for most sizes. Please put your name on the inside collar of your uniform!

It is permissible to wear a T-shirt in place of your uniform top during class for all exercises except sparring. If you wear a T-shirt, it must be either plain white or a Tae Kwon Do T-shirt. At Meridian Ranch, it is also permissible to wear T-shirts with the YMCA logo since we are a YMCA program. Class T-shirts are available for sale through instructors.

For outdoor classes, wear loose fitting street clothes, sweats, shorts, or similar.

## ATTENDANCE

Learning Tae Kwon Do requires commitment. To make reasonable progress in your first year, you should attend at least two classes per week. Advanced students should practice at least three times per week. Brown belts must practice four times per week as a minimum. This will require self-directed work outside of the regular class hours.

Participation in tournaments, exhibitions, training camps, and out of town events is encouraged for all students. Attending events outside our club helps you grow as a person & martial artist, and are a lot of fun. Candidates for black belts are required to participate in events.

## **CLASS CONDUCT AND SAFETY**

Tae Kwon Do is a strenuous and demanding activity that can be physically stressful. If you have ever had any back, knee, respiratory, heart or any other serious medical problem, you should consult a physician before participating. Your physician is encouraged to contact the instructors for any questions about the exercises or activities.

Stretching and warm-up exercises are essential to physical conditioning and the prevention of injury. Therefore, please be punctual to class. So that the instructor is aware of the whereabouts and condition of all students, you should inform him or her when you intend to leave the classroom during class. All injuries must be reported to the instructor.

In addition to removing any jewelry during class (smooth-surfaced wedding bands excepted), students must trim their fingernails and toenails as short as possible to prevent injuring themselves and others. Hair must not interfere with vision.

Sparring begins when the student has reached the level of yellow belt and has acquired enough skill and control to do so safely. Offensive contact during sparring is **STRICTLY FORBIDDEN**. The use of groin guards, mouth guards, and chest protectors (women only) during sparring is permitted. Your instructors can help you obtain this equipment. If at anytime you do not wish to spar, please let an instructor know and you will be given another activity or exercise.

If you need help or want to work on a particular technique, feel free to ask any belt level higher than your own for help. Although questions are welcome during class, lengthy discussions are not desirable. Reserve discussions and debates for after class. The most important element contributing to success in Tae Kwon Do is hard work. Keep busy at all times during class!

## **RANK SYSTEM AND PROMOTIONS**

The sequence of belt ranks is as follows: white (beginner), yellow, green, purple, brown, and then the various degrees of black belt (also known as “dan”). Stripes denote recognized progress by youthful members towards the next belt level. Adults (ages 16 and up) do not receive stripes.

Belt promotion opportunities occur two to four times per year and usually coincide with a special event which sometimes may be out of town. Consistent attendance, hard work, and good spirit will lead to progress in Tae Kwon Do. When a student is ready for promotion to the next belt level, he or she will be informed by an instructor. It is **NOT** desirable for a student to initiate a discussion of promotion.

Occasionally, exceptional performance and hard work may be rewarded with a surprise promotion. Normally beginners can expect to test approximately two times a year *if they attend all classes and work hard*. A first degree black belt takes a minimum of three years of hard work. All promotions to brown belt and higher consider the student’s participation in events such as tournaments, training camps, exhibitions, and working out with other compatible classes.

## **COMMUNICATION**

Announcements are made at the end of class. However, as an additional means of sharing class related information with you, please provide your instructors with a reliable means of contacting you. A phone number and e-mail address are desired. This information will be kept private and never released without your consent.

A web site to serve the class can be found at <http://rockymountainchungdokwan.com/>

## **MISCELLANEOUS**

Responsible conduct is required outside of, as well as inside of class, to remain a member in good standing with Rocky Mountain Chung Do Kwan. Students are expected to treat ALL people in ALL walks of life with dignity and respect, *including and especially* their fellow classmates.

Members of Rocky Mountain Chung Do Kwan are encouraged to participate in all activities such as exhibitions, tournaments, membership drives, and social events. Decisions concerning the planning and funding of activities are made by a committee of senior members.

By far the best way to help your school and yourself is to attend class as much as you can and work hard!

## **INSTRUCTORS**

Rod Preble, 5<sup>th</sup> Dan      719-339-3599      rod.preble@gmail.com

Lisa Preble, 5<sup>th</sup> Dan      719-339-3595      lisa\_preble@hotmail.com

## **ABOUT THE INSTRUCTORS**

We are a husband and wife team. Both of us are certified black belts who believe in treating each person as a unique individual. We believe a warm, friendly, safe, and supportive atmosphere is necessary for each person to reach their full potential.

Rod is a fourth degree black belt. During the day he is an aerospace engineer. Rod has been teaching martial arts to adults and children for 35 years and has founded martial arts schools in California and Australia.

Lisa is a fifth degree black belt. In 30 years of martial arts training, Lisa has founded several martial arts schools in South Carolina. She has advanced degrees in psychology and human resources. Together we have six children.

Our rank was awarded to us directly by Grandmaster Duk Sung Son, 9<sup>th</sup> degree black belt. Grandmaster Son is an original student of Grandmaster Won Kuk Lee, founder of Tae Kwon Do, and succeeded him as the leader of Chung Do Kwan Tae Kwon Do in Korea. Lee was personally taught and awarded his rank by the legendary Gichin Funakoshi. Our classes and teaching methods follow the footsteps of these great martial arts instructors.

[www.rockymountainchungdokwan.com](http://www.rockymountainchungdokwan.com)